



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>MAY 2013</p> <p>To make a meal reservation at least 48 hours in advance, Contact Your Meal Manager. Each meal costs the FCDOA Nutrition Program \$4.80, your contributions per meal helps make more meals possible.</p>		Pineapple Juice Salisbury Steak w/Gravy Caribbean Blend Veggies Rice Pilaf Fresh Seasonal Fruit Multi Grain Roll Milk	Orange Sections BBQ Chicken Breast Fresh Tri Color Cole Slaw Baked Beans Cinnamon Apples Dinner Roll Milk	Grape Juice Danish Ham & Swiss Cheese Sandwich on Whole Grain Wheat Baby Whole Carrots Pineapple Tidbits Milk
Apple Juice Beef Burgundy Mixed Vegetables Brown Rice Multi Bean Salad Apricots Biscuits Milk	Beef Vegetable Soup Seafood Salad Broccoli Slaw Pineapple Chunks Lettuce & Tomato Kaiser Roll Milk	Pineapple Juice Thai Curry Chicken Breast Rice Peas & Carrots Fresh Apple Multi Grain Roll Milk	Cranberry Sauce Chicken Cordon Bleu Brussels Sprouts Cole Slaw Mashed Potatoes w/Gravy Roll and Butter Strawberry Shortcake Milk	Chicken Veggie Soup Smoked Turkey & Cheddar Cheese Sandwich Amish White Navy Bean Salad Cole Slaw Hot Spiced Pears Lettuce & Tomato Milk
Grape Juice Hamburger w/Cheese Whole Wheat Roll Fresh Baby Whole Carrots Baked Beans Diced Peaches Lettuce & Tomato Milk	Cranberry Juice Roast Beef in Gravy Creamed Kale Brown Rice Fresh Seasonal Fruit Wheat Bread Milk	Lentil & Spinach Soup Tossed Salad Low Fat Ranch Dressing Tuna Salad on Wheat Copper Pennies Fresh Apple Lettuce & Tomato Milk	Pineapple Juice Chicken Teriyaki Nuggets Sweet & Sour Green Beans Fried Rice Fruit Cocktail Wheat Bread Milk	Grape Juice Hearty Beef Stew with Mixed Vegetables and Potatoes Fresh Sliced Apples Split Top Roll Milk
Cranberry Juice Turkey Combo Lunch Meat Swiss Cheese Potato Salad Cole Slaw Fruit Cocktail Lettuce & Tomato Milk	Grape Juice Baked Potato Tossed Salad Low Fat Ranch Dressing Chili con Carne Shredded Cheddar Cheese Apple Sauce Milk	Fruit Punch Southwestern Bean Salad Baked Chicken Breast w/Gravy Spinach Saute Barley Mushroom Pilaf Tropical Fruit Milk	Tomato Juice Pork Loin w/Gravy Sauerkraut Mashed Potatoes Apricots Wheat Bread Milk	Grape Juice Meatloaf w/Gravy Brussels Sprouts Parsley Potatoes Fresh Orange Wedges Dinner Roll Milk
Memorial Day Holiday 	Orange Juice Taco Salad with Seasoned Ground Beef, Shredded Lettuce & Cheese, Chopped Tomato & Tortilla Chips Mexican Rice Fresh Sliced Apples Milk	Cole Slaw Vegetarian Pizza Burger Collard Greens Baked Beans Apricots Sweet Red Onion Provolone Cheese & Lettuce Milk	Grape Juice Chicken & Noodles with Gravy Scandinavian Mixed Veggies Mashed Potatoes Fruit Cocktail Corn Muffin Milk	Apple Juice Pepper Steak Fresh Cucumber Salad Brown Rice Cherry Apple Crisp Dinner Roll Milk

~~MENUS ARE SUBJECT TO CHANGE~~